



## DEPARTMENT OF THE NAVY


CHIEF OF NAVAL AIR TRAINING  
CNATRA  
250 LEXINGTON BLVD SUITE 102  
CORPUS CHRISTI TX 78419-5041

CNATRAINST 1542.119A  
N3  
25 May 2000

### CNATRA INSTRUCTION 1542.119A

Subj: RESCUE SWIMMER SCHOOL REFRESHER COURSE

1. Purpose. To promulgate the curriculum for the Aviation Rescue Swimmer School Refresher Course.
2. Action. This instruction is effective upon receipt. No changes will be made without written authorization of the Chief of Naval Air Training (CNATRA).
3. Form. The Personal Injury Accident Notification form, NAVAVSCOLSCOM 6310/1, is obtained through Naval Aviation Schools Command.



T. J. ROSS  
Chief of Staff

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TRAINING COURSE CONTROL DOCUMENT  
FOR  
RESCUE SWIMMER SCHOOL REFRESHER COURSE  
(CATEGORY II)  
CLASS F1 SCHOOL  
Q-050-0604

PREPARED FOR  
CHIEF OF NAVAL AIR TRAINING  
250 LEXINGTON BLVD SUITE 102  
CORPUS CHRISTI, TX 78419-5041

PREPARED BY  
NAVAL AVIATION SCHOOLS COMMAND  
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## FOREWORD

This document was prepared for submission to higher authority for approval. The curriculum outline lists course lesson topics and associated learning objectives, both terminal and enabling, in their sequential order. Unless otherwise stated, the standard for achieving each of these objectives is 100 percent.

The Rescue Swimmer School Training Program (RSSTP) Refresher Course (Category II) is designed to provide refresher training to Rescue Swimmers who are returning to a rescue swimmer billet from a non-swimmer billet. It is also designed to make Rescue Swimmers aware of any changes in rescue swimmer equipment and/or procedures which have occurred since their last exposure.

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## COURSE DATA

1. Course Title: Rescue Swimmer Refresher Course (Category II)
2. Course Identification Number (CIN): Q-050-0604
3. Course Data Processing Code (CDP) by Site:  
San Diego, CA HC-3: CDP: 425G  
Jacksonville, FL CHSWL: CDP: 425F
4. CDP Code: San Diego: 425G  
Jacksonville: 425F
5. Course Status: Revision.
6. Course Mission Statement: The Rescue Swimmer School Training Program (RSSTP) Refresher Course (Category II) is designed to provide refresher training to Rescue Swimmers who are returning to a rescue swimmer billet from a non-swimmer billet. It is also designed to make Rescue Swimmers aware of any changes in rescue swimmer equipment and/or procedures which have occurred since their last exposure.
7. Occupational Classification: NEC 8215, 0170, and 7815
8. Prerequisites: Prospective students must have completed a CNO approved CAT I SAR School, must have a current flight physical/dive physical IAW Manual of Medical Department NAVMED P-117, section III Art. 15-71, and pass the Rescue Swimmer School (RSS) Physical Readiness in-test.
9. Planned Course Length: 9 Days
10. Current Course Length: 9 days
11. Training Sites:  
Helicopter Combat Support Squadron THREE  
Search and Rescue Swim School  
P.O. Box 357122  
San Diego, CA 92135-7122  
  
Commander Helicopter Anti-Submarine Wing U.S. Atlantic Fleet  
P.O. Box 91  
Naval Air Station  
Jacksonville, FL 32212-0091
12. Site Unique Training Considerations: None.

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13.	<u>Number of Convenings by Site:</u>	<u>Current</u>	<u>Planned</u>
	HC-3 San Diego, CA	12	10
	CHSWL Jacksonville, FL	10	10
14.	<u>Class Capacity by Site:</u>	<u>Current</u>	<u>Planned</u>
	HC-3, San Diego, CA		
	a. Maximum	6	6
	b. Normal	4	4
	c. Minimum	2	2
	CHSWL, Jacksonville, FL		
	a. Maximum	6	6
	b. Normal	4	4
	c. Minimum	2	2
15.	<u>Planned Average on Board by Site:</u>	<u>Current</u>	<u>Planned</u>
	HC-3 San Diego, CA	4	4
	CHSWL Jacksonville, FL	4	4
16.	<u>Instructor/Support Manning:</u>		
	See Instructional Management Plan, Annex E.		

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CURRICULUM OUTLINE OF INSTRUCTION

UNIT 1.0: Course Introduction and Safety

Contact Periods: 2.0 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of the requirements for Rescue Swimmer School Training Program (RSSTP).

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.1: Course Introduction

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

- 1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of the requirements for Rescue Swimmer School Training Program (RSSTP).

Enabling Objectives:

Completely supported by this lesson topic:

- 1.1 Identify the OPNAVINST 3130.6B requirements for RSS training
- 1.2 Identify the NWP 3-50.1 series requirements as it applies to RSS training.
- 1.3 Identify and adhere to all safety precautions used during training.
- 1.4 State the DOR/TTO policies and procedures.

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.2: Pool Safety Regulations

Contact Periods: 1.0 Classroom

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of the requirements for Rescue Swimmer School Training Program (RSSTP).

Enabling Objective:

Completely supported by this lesson topic:

1.5 State the general pool safety regulations.

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CURRICULUM OUTLINE OF INSTRUCTION

UNIT 2.0: Standard First Aid and American Red Cross CPR for the Professional Rescuer.

Contact Periods: 6.5 Classroom, 5.5 Laboratory

Media: Lecture with demonstration and video tape

Security Classification: Unclassified

Terminal Objectives:

Completely supported by this unit:

2.0 Upon completion of this unit of instruction, the student will administer Standard First Aid per NAVEDTRA 12081 standards and CPR per current American Red Cross standards without injury to personnel or damage to equipment.



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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.1: American Red Cross CPR for the Professional Rescuer.

Contact Periods: 4.5 Classroom, 4.5 Laboratory

Media: Lecture with demonstration and video tape

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will administer Standard First Aid per NAVEDTRA 12081 standards and CPR per current American Red Cross standards without injury to personnel or damage to equipment.

Enabling Objectives:

Partially supported by this lesson topic:

2.1 Respond to an emergency per current American Red Cross standards.

Completely supported by this lesson topic:

2.2 Administer CPR per current American Red Cross CPR for the Professional Rescuer standards.

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.2: Practical First Aid Training/Mock Trauma

Contact Periods: 2.0 Classroom, 1.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially support by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will administer Standard First Aid per NAVEDTRA 12081 standards and CPR per current American Red Cross standards without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.3 Respond to an emergency per current American Red Cross standards.

2.4 Administer CPR per current American Red Cross CPR for the Professional Rescuer standards.

2.5 Administer Standard First Aid per NAVEDTRA 12081 standards.

2.6 Administer practical First Aid in a mock trauma (moulage) scenario.

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CURRICULUM OUTLINE OF INSTRUCTION

UNIT 3.0: Rescue Equipment, Devices and Publications

Contact Periods: 5.5 Classroom, 5.0 Laboratory

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objectives:

Completely supported by this unit:

- 3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.1: Rescue Devices

Contact Periods: 1.5 Classroom, 5.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 3.1 Demonstrate the proper methods of communication between the Rescue Swimmer and the Rescue Platform per NWP 3-50.1.
- a. Hand Signals
  - b. Radio Communication
- 3.2 Demonstrate the functional operation of the following rescue devices per NWP 3-50.1:
- a. Double Rescue Hook
  - b. Modified Rescue Strop
  - c. Rescue Net
  - d. Rescue Litter/SAR MEDEVAC Litter, Trail Line and Gloves
  - e. Rescue Seat
  - f. Hoisting Vest
- 3.3 Place simulated victim into the following rescue devices in a water environment:
- a. Double Rescue Hook
  - b. Modified Rescue Strop
  - c. Rescue Net
  - d. Rescue Seat
  - e. Rescue Litter/SAR MEDEVAC Litter

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.2: Survivor Marker/Locator Devices

Contact Periods: 1.0 Classroom

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic:

- 3.4 Describe the purpose and hazards of the following survivor marker/locator devices per NWP 3-50.1:
- a. MK-25 Marine Location Marker
  - b. MK-58 Marine Location Marker
  - c. Electric Marine Marker Light
  - d. MK-13/MK-124 MOD 0 Day/Night Distress Flare
  - e. MK-79 Pencil Flare
  - f. Signal Mirror
  - g. Sea Dye Marker
  - h. AN/PRC-125

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.3: SAR Publications and Reports

Contact Periods: 1.0 Classroom

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 3.5 Identify the short title and content of publications applicable to a Rescue Swimmer.
- 3.6 Complete a rescue report SAR form 3-50.1/1 when given a rescue scenario.

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.4: Navy and Air Force Aircrew Survival Equipment,  
Harnesses and Associated Hardware

Contact Periods: 2.0 Classroom

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.7 Perform the procedures for removing the following assemblies:

- a. Helmet assemblies
- b. RSSK/SKU assemblies
- c. Oxygen mask assemblies
- d. Survival vest/flotation assemblies

3.8 Operate hardware associated with parachute harnesses.

3.9 Remove parachute harnesses.

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CURRICULUM OUTLINE OF INSTRUCTION

UNIT 4.0: Lifesaving and Parachute Disentanglement

Contact Periods: 3.0 Classroom, 28.0 Laboratory

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

- 4.0 Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures to a survivor, release and escape procedures, and a rescue in preparation for a recovery per NWP 3-50.1 without injury to personnel or damage to equipment.
- 5.0 Upon completion of this unit of instruction, the trainee, while wearing swim trunks, T-shirt (optional), mask, fins, booties, snorkel, LPU-28/UDT vest, shorty wet suit/wet suit top and Rescue Swimmer's harness, will develop stamina, endurance and perfect stroke mechanics in a swimming pool without injury to personnel or damage to equipment.



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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.1: Lifesaving Approaches/Carries

Contact Periods: 1.0 Classroom, 5.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

- 4.0 Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures to a survivor, release and escape procedures, and a rescue in preparation for a recovery per NWP 3-50.1 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 4.1 List procedural steps for the rear surface approach to an active/passive and conscious/unconscious survivor.
- 4.2 Demonstrate the rear surface approach to an active/passive and conscious/unconscious survivor while in a simulated rescue situation.
- 4.3 List procedural steps for the front surface approach to a passive/unconscious survivor.
- 4.4 Demonstrate front surface approach to a passive/unconscious survivor while in a simulated rescue situation.
- 4.5 List the procedural steps for the underwater approach to an active/conscious survivor.
- 4.6 Demonstrate underwater approach to an active/conscious survivor while in a simulated rescue situation.
- 4.7 List procedural steps for the cross chest carry.
- 4.8 Demonstrate the cross chest carry of a survivor while in a simulated rescue situation.
- 4.9 List procedural steps for the collar tow/equipment tow of a survivor.
- 4.10 Demonstrate collar tow/equipment tow to a survivor while in a simulated rescue situation.

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- 4.11 List procedural steps for the tired swimmer carry of a passive/conscious survivor.
- 4.12 Demonstrate tired swimmer carry of passive/conscious survivor while in a simulated rescue situation.

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Lesson Topic 4.2: Front/Rear Head Hold Release and Escape

Contact Periods: 1.0 Classroom, 3.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

- 4.0 Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures to a survivor, release and escape procedures, and a rescue in preparation for a recovery per NWP 3-50.1 without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic:

- 4.13 List procedural steps for the front/rear head hold release.
- 4.14 Demonstrate the front/rear head hold release while in a simulated rescue situation.
- 4.15 List procedural steps for the front/rear head hold escape.
- 4.16 Demonstrate the front/rear head hold escape while in a simulated rescue situation.

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.3: Parachute Disentanglement

Contact Periods: 1.0 Classroom, 12.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

- 4.0 Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures to a survivor, release and escape procedures, and a rescue in preparation for a recovery per NWP 3-50.1 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 4.17 List the procedures for parachute disentanglement for the quick fitting and integrated torso harnesses as outlined in NWP 3-50.1
- 4.18 Demonstrate procedures for parachute disentanglement for the quick fitting and integrated torso harness.
- 4.19 List the procedures for parachute disentanglement from a ballooned canopy.
- 4.20 Demonstrate procedures for executing parachute disentanglement for the ballooned canopy.
- 4.21 List procedural step for survivor emergency flotation for both conscious/unconscious survivors.
- 4.22 Demonstrate emergency flotation procedures for a conscious/unconscious survivor while in a simulated rescue situation.
- 4.23 List the procedures for parachute disentanglement for multiple victim rescue.
- 4.24 Demonstrate the procedures for parachute disentanglement for the multiple victim rescue.
- 4.25 List the specific dangers of a night parachute disentanglement during rescue scenario.
- 4.26 Demonstrate a night parachute disentanglement IAW NWP 3-50.1.

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.4: Swimming Proficiency, Conditioning and Timed Swims

Contact Periods: 8.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Completely supported by this lesson topic:

5.0 Upon completion of this unit of instruction, the trainee, while wearing swim trunks, T-shirt (optional), mask, fins, booties, snorkel, LPU-28, shorty wet suit/wet suit top and Rescue Swimmer's harness, will develop stamina, endurance, and perfect stroke mechanics in a swimming pool without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic:

- 5.1 Swim continuously for 10 minutes.
- 5.2 Swim continuously for 15 minutes.
- 5.3 Swim continuously for 30 minutes.
- 5.4 Swim 25, 50, 75, and 100 meter sprints.
- 5.5 Swim 25 meters underwater surfacing for only one breath.
- 5.6 Swim 25 meters underwater without surfacing.
- 5.7 Swim 25 meters on the surface, having students compete against each other.
- 5.8 Perform 200 meter conditioning buddy tow.
- 5.9 Swim 800 meters within 20 minutes.
- 5.10 Perform 400 meter buddy tow within 16 minutes.
- 5.11 Swim 1500 meters within 35 minutes.
- 5.12 Perform 800 meter buddy toe within 35 minutes.

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CURRICULUM OUTLINE OF INSTRUCTION

UNIT 5.0: Physical Training and Pool Conditioning

Contact Periods: 1.5 Classroom, 6.0 Laboratory

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

6.0 Upon completion of this unit of instruction, the student will perform the Rescue Swimmer Refresher Physical Training/Testing requirements outlined in Physical Training Lesson Plan 5.1, without injury to personnel or damage to equipment.

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.1: Physical Training

Contact Periods: 1.5 Classroom, 6.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

6.0 Upon completion of this unit of instruction, the student will perform the Rescue Swimmer Refresher Physical Training/Testing requirements outlined in Physical Training Lesson Plan 5.1, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

6.1 Describe the fundamentals of physical conditioning.

6.2 Perform Level One physical conditioning exercises.

6.3 Perform Level Two physical conditioning exercises.

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## ANNEX A

## EQUIPMENT REQUIREMENT LIST

<u>Nomenclature</u>	Type Designator or Device Number	National <u>Stock Number</u>	<u>Qty</u>	Per Item <u>Cost</u>
Adhesive Tape, Surgical		6510-00-203-5000	6SL	2.07
Airway, Pharyngeal (Adult)		6515-00-687-8052	1BX	3.59
Ammonia Inhalant Solution		6505-00-106-0875	2PK	1.53
Anti-G Garment	MIL-A- 81905	8475-01-037-2008	1	320.00
Attachment Strap	230	LSC	4	2.80
Bag Valve Mask		Open purchase	3	103.00
B/P Cuff Sphygmomanometer		6515-01-039-4884	1	19.23
Band Aids		6510-00-597-7469	4PK	1.88
Bandage, Cotton, Elastic		6510-00-935-5822	12PK	7.28
Bandage, Gauze (2 ply)		6510-00-582-7993	12PK	11.22
Bandage, Gauze, Elastic		6510-00-582-7992	12	9.23
Bandage, Triangular		6510-00-201-1755	12	2.16
Blanket, Casualty		7210-00-935-6665	4	5.09
Blanket, Wool		7210-00-935-6666	4	7.07
Board, Rescue		Open Purchase		153.00
Blood, Fake		6910-00-729-6161	2BX	54.54
Boots, Flight	MIL-B- 21408	8430-00-624-3135	2PR	54.75

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<u>Nomenclature</u>	Type Designator or Device Number	<u>National Stock Number</u>	<u>Qty</u>	<u>Per Item Cost</u>
Booties, Divers				
Small		Open purchase	2 PR	29.00
Medium		Open purchase	4 PR	29.00
Large		Open purchase	3 PR	29.00
X-Large		Open purchase	3 PR	29.00
Bricks, Diving (Recreonics)	92-260	Open Purchase	1	34.82
Burn Sheet, Sterile		Open purchase	4	8.99
Chemlight Attachment	TTLA-7171	Open purchase	10	4.00
Chemlight, 4 inch, low intensity green		6260-00-106-7478	1BX	44.03
Chemlight, 6 inch, high intensity green		6260-01-074-4229	4BX	6.18
red		6260-01-178-5559	4BX	6.18
blue		6260-01-178-5560	4BX	6.18
CO <sub>2</sub> Cylinder	Type II	4220-00-543-6693	15	3.53
Compress and Skull Cap, Head Dressing		6510-00-201-7680	4	5.45
Copier		Open purchase	1	
Copier, Toner		Open purchase	1BX	
Coverall, Fliers	CWU-27/P			
Size: 44R		8415-01-351-0333	2	98.15
Size: 46R		8415-01-351-0336	2	98.15
Size: 48R		8415-01-351-0339	2	98.15
CPR Manikin (Adult)		Open purchase	3	775.00
Manikin faces		Open purchase	2BX	55.99
Manikin lungs		Open purchase	3BX	45.99
Manikin (Child)		Open purchase	3	226.21
Manikin (Infant)		Open purchase	3	226.21
CPR Micro Kit		Open purchase	20	13.35
"D" Ring		5365-00-339-8601	10	2.35

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<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	<u>Qty</u>	Per Item <u>Cost</u>
Dressing, First Aid, Field		6510-00-159-4883	12	2.11
Dry Marker Board		Open purchase	1	150.00
Electric Sea Marker Light	317	4220-01-325-3132	1	69.83
Exam Answer Sheet	GF-1617	0117-LF-014-1805	72PKS	2.00
Eye Dressing, First Aid Kit		6545-00-853-6309	12	4.41
Fins				
Small	6315-00	4220-01-221-5692	2	37.97
Medium	6211-00	4220-01-227-6017	4	52.07
Large	6216-00	4220-01-015-6762	4	33.99
X-Large	-00	4220-01-220-5816	2	55.80
Fin Strap	6211-01	4220-01-227-7507	12	1.90
Flashlight		6230-00-125-5528	6	2.22
Gated "D" Ring		161-047-1283	2	36.80
Gloves, Fliers	GS/FRP-2	8415-01-029-0116	6PR	18.55
Gloves, Latex Disposable		Open purchase	2Bx	5.43
Hand Cable Cutter G-C-740	M12-G-	1670-00-224-7059	1	80.97
Heavy Gloves, Hoisting		8415-00-268-7870	2PR	17.20
Helmet, Fliers, Fixed Wing Aircraft	HGU-33/P	Component Parts See NA 13-1-6.5	2	212.00
Harness, Rescue Swimmers(AVIATION)	HBU-11	4220-01-395-8413	8	145.19
Harness, Rescue Swimmer(SURFACE)	204	4020-01-327-6185	8	79.25
Helmet Assemblies (cloth)	HGU-24/P	8415-00-071-8786	2	11.10
Helmet, Fliers, Helicopters	SPH-3C	8475-00-880-8523	2	255.00

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<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	<u>Qty</u>	Per Item <u>Cost</u>
Hoisting Vest	AL20081	1670-00-979-7831	1	248.00
Hook, Double Rescue	MS18027	4030-00-182-8729	2	232.05
Kit Bag	Mil-K- 41835	8460-00-606-8366	16	23.90
Knife, Hook Blade		6760-01-088-4654	10	8.10
Knife, V-bladed Rescue		5110-00-524-6924	1	29.16
Koch Fitting		1670-00-148-8492	4	273.00
Pocket Mask		Open purchase	12	13.25
Pocket Mask (One-Way valve)		Open purchase	3Pks	36.00
Pocket Mask (W/Oxygen Nipple)		Open purchase	2	19.25
Life Preserver Assembly	LPU-21/P	4220-01-120-4894	2	503.00
	LPP-1/1A	4220-00-089-7620	2	206.11
	LPU-30/P	8415-00-817-0599	2	17.30
	MK-1	Unknown	2	Unknown
Life Raft	LR-1	4220-00-118-6122	2	760.00
	* LRU-12A	4220-01-074-3409	1	2470.00
	* LRU-13A	4220-01-074-3408	1	2420.00
	LRU-18	4220-01-074-3412	2	1790.00
LPU-28/SAR 1		4220-01-199-4974	8	189.00
Mask	5026-00	4220-01-225-1611	10	22.04
Mask Strap	5050-02	Open purchase	12	3.50
Mask Oxygen	MBU-14 (V)1/P	1660-00-516-6620	1	194.00
Mini-Koch Fitting		1670-00-986-8334	2	218.27
Mouflage Kit		6910-00-540-6372	1	445.00
Movie Screen	Model "B"		1	Unknown
O <sub>2</sub> Emergency System LSP Portable		Open purchase	1	297.00

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<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	<u>Qty</u>	Per Item <u>Cost</u>
Oxygen Cylinder, "JUMBO D" (FOR THE ABOVE UNIT)		Open purchase	2	102.95
Overhead Projector		6730-00-921-6713	1	190.00
Parachute Assembly				
NB-6	565AS100-1	Component Parts	2	Unknown
NB-7	566AS100-6	See NA 13-1-6.5	2	565.00
NB-8				
Parachute Restraint Harness(Integrated Torso Harness)	PCU-33/P	1670-01-130-3120	2	200.00
		1670-01-130-3122	2	154.00
		1670-01-130-3124	2	259.00
		1670-01-130-3127	2	154.00
Personal Flotation Devices Type I, II,III,IV & V			1EA	300.00
Pin, Safety		6530-00-663-1555	4PK	.12
Podium		Open Purchase	1	Unknown
Quick Ejection Snap (Friction Type)		5340-00-875-1861	10	28.89
Quick Ejection Snap (Non-Friction Type)		1670-00-401-5560 or 00-311-2243	10	18.57
Quick Splice		Local MFR IAW NAVAIR 13-1-6.5 Chap 6	1	Unknown
Radio, Rescue Swimmer	PRC-125	1880AS100-01	1	2960.00
Radio, Survival	PRC-90	5820-01-238-6603	1	1490.00
	URT-33	5826-00-932-4432	1	169.00
Radio, VHF (handheld)	MTS 2000	Open purchase	2	1400.00
	Level 1	Or Equivalent		
Radio, VHF (handheld) Charger, 6-unit		Open purchase Or Equivalent	1	300.00
Radio, VHF (handheld) Batteries		Open purchase Or Equivalent	4	60.00
Rescue Hand Tool	64A83H20-1	1670-00-177-9260	1	1735.39
Rescue Hand Tool Cartridge		1670-00-178-0844	5	20.16

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<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	<u>Qty</u>	Per Item <u>Cost</u>
Rescue Litter	207485	6350-00-181-7767	2	297.45
Rescue Litter Flotation Kit		4220-01-329-6420	2	309.17
Rescue Litter Sling	190	1670-01-226-5300	2	134.00
Rescue Equipment Case	260	6245-01-243-7165	2	170.75
Rescue Net	X872SF	1670-01-172-3592	1	3265.76
Rescue Seat	420	4240-01-465-2302 Or open purchase	1	535.40
Rescue Tubes (McMillan Lifeguard)		Open purchase	6	50.00
Ringers, Lactate Injection, USP, 1000cc		6505-01-330-6267	2PK	6.24
Running Shoe Instructor's		Open purchase	16	89.00
Safety Belt	MS-16070-2	1680-00-211-7356	2	55.91
SAR Medevac Litter	402	6530-01-187-0104	2	689.00
Scissors, Bandage		6515-00-935-7138	6	4.41
Seat, Survival Kit	SKU-2/A, 128ES10065 -13	1660-00-464-9897	2	1050.00
Sewing Machine	206RB	3530-00-892-4629	1	1267.00
Shirt, Blue or Gold Instructor's		Open purchase	30	20.00
Signal Mirror		6350-00-261-9772	2	7.74
Slide Projector	EKCAF2	6730-11-600-3005	1	520.00
Sling, Survivor Rescue	216	1680-01-347-4946	2	140.80

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<u>Nomenclature</u>	<u>Designator or Device Number</u>	<u>National Stock Number</u>	<u>Qty</u>	<u>Per Item Cost</u>
Smoke Flares	MK-13	1370-00-309-5028	2	10.55
(Certified Inert)	MK-25	1370-00-804-3561	2	33.86
	MK-58	1370-00-794-4594	1	121.00
	MK-79	1370-00-866-9788	2	12.61
	MK-124	1370-01-030-8330	4	Unknown
Snorkel	NBT	4220-01-227-7503	10	9.49
Snorkel Strap		Open purchase	12	2.50
Splint Assembly, (KED)		6515-01-196-8387	5	140.85
Splint, Traction, SEGER		6515-01-313-0207	5	316.22
Splint, Wire Frabric		5335-00-373-2800	2RL	2.61
Splint, Universal (SAM)		6515-01-217-1236	5PK	50.07
Spring Snap		5340-00-205-5573	2	7.49
Stethoscope		6515-00-935-4088	2	16.53
Strobe Light	SDU-5E	6230-00-067-5209	10	42.30
Strobe Light Blue Lens Filter	311	6230-01-327-7277	10	3.67
Strobe Light Batteries	BA-1574/U	6135-00-073-8939	20	5.48
Stop Watches		6645-01-106-4303	4	4.83
Support, Cervical (SHORT)		6515-01-305-2457	1	6.54
Support, Cervical (REGULAR)		6515-01-150-7842	1	6.54
Support, Cervical (TALL)		6515-01-316-1946	1	6.54
SV-2 Survival Vest	Mil-V- 81523	1670-00-139-6174	2	97.05
Swimming Marker Buoys		Open purchase	10	2.15
Swimming pool			1	
Swim Trunks, UDT Instructor's		8415-00-455-6347 through 8415-00-455-6353	30	10.35

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<u>Nomenclature</u>	<u>Designator or Device Number</u>	<u>National Stock Number</u>	<u>Qty</u>	<u>Per Item Cost</u>
Telephone, Cellular		Open purchase	1	Unknown
Tending Line and Reel Assembly		4020-00-968-1351	1RL	25.92
Thermometer (hypothermia) 92 degrees and below		6515-01-375-3244	1PK	30.25
Thermometer (hyperthermia) 101 degrees and above		6515-00-149-1404	1PK	5.50
Tongue Depressor		6515-00-324-5500	1BX	1.10
Torso Harness MA-1		1670-01-135-1381	2	154.00
Tourniquet Non-Pneumatic		6515-00-383-0565	2	5.18
Trail Line Assembly	220	4010-01-312-4854	2	135.10
Wet Suit "shorty" Small		Open purchase	2	119.00
Medium		Open purchase	3	119.00
Med-Large		Open purchase	3	119.00
Large		Open purchase	3	119.00
X-Large		Open purchase	2	119.00
Wet Suit Instructor's "shorty"		Open purchase	12	189.00
Whistles		8465-00-254-8803	25	1.00
Video Monitor		Open Purchase	1	400.00
Video Cassette Player		Open Purchase	1	250.00
Video Coax Cable		Open Purchase	2	12.00
USAF CW-17 Torso Harness		1670-00-369-5444	1	95.84
USAF Ejector Snap for CW-17		1670-00-371-2243	4	27.68
USAF V-Ring for CW-17		1670-00-986-1139	4	4.64
USAF Frost Fitting		6625-01-125-1529	1	142.00
USAF Koch Fitting		6625-00-103-6862	1	146.00



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<u>Nomenclature</u>	<u>Designator or Device Number</u>	<u>National Stock Number</u>	<u>Qty</u>	<u>Per Item Cost</u>
USAF T-38 Torso Harness	65K1533- 101	1670-00-943-3024	1	500.51
USAF T-38 Seat Kit		1660-01-065-6644	1	1240.00
USAF BA-18/22 Container		1670-00-943-3024	1	628.25
USAF Helmet Fliers	HGU-55	8475-01-128-8269 LS	1	286.69
USAF				
LPU-2		4220-00-630-8714	1	58.69
LPU-9		4220-01-051-5916	1	900.72
LPU-10		4220-00-850-8655	1	187.16
USAF SRU-21		8415-01-254-7602	1	135.25

NOTE: 1. Items marked with an asterisk (\*) are optional.  
2. It is encouraged to utilize DRMO for acquiring RFT  
aviators equipment for displays and pool training  
when possible.

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## ANNEX B

## TRAINING MATERIALS LIST

REQUIRED PUBLICATIONS

<u>NUMBER (MIL PUBS)</u>	<u>TITLE</u>	<u>QTY</u>
NAVAIR 00-80T-101	NATOPS Survival Manual	1
NAVAIR 00-35-QH-2	Naval Air Allowance List	1
NAVAIR 11-15-7	Pyrotechnic, Screening, Marking, and Countermeasure Devices	1
NAVAIR 13-1-6.1	Inflatable Survival Equipment	1
NAVAIR 13-1-6.2	Parachutes	1
NAVAIR 13-1-6.2.1	Aviation Crew Systems IPB	1
NAVAIR 13-1-6.3	Aviation Crew System Survival Kit	1
NAVAIR 13-1-6.4	Oxygen Equipment	1
NAVAIR 13-1-6.5	Rescue and Survival Equipment	1
NAVAIR 13-1-6.7	Aircrew Personnel Protective Equipment	1
NAVAIR 00-80R-14	U.S. Navy Aircrew Fire Fighting and Rescue Manual	1
OPNAVINST 3120.32C	Standard Organization and Regulations of the U.S. Navy	1
OPNAVINST 3130.6B	Naval Search and Rescue (SAR) Standardization Program	1
OPNAVINST 3710.7R	NATOPS General Flight and Operating Instructions	1
Joint Pub 3-50	National Search and Rescue Manual	1
NWP-3-50.1	Naval Search and Rescue Manual	12
NWP-42	Shipboard Helicopter Operating Procedures	1
<u>NUMBER (MIL PUBS)</u>	<u>TITLE</u>	<u>QTY</u>
NWP 3-22.5-SAR-TAC	SAR TACAID	1
ATP-10	NATO SAR Manual	1

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NAVMED P-117	Manual of the Medical Department U.S. Navy	1
NAVEDTRA 135	Navy School Management Manual	1
NAVEDTRA 12081	Standard First Aid Training Course	1
American Red Cross (ARC) Instructor Manual	Current CPR for the Professional Rescuer Instructor's Manual	1
American Red Cross (ARC) Manuals	Current CPR for the Professional Rescuer student manual(one copy per student)	12
NAVSEA 0994-LP-001-9010	U.S. Navy Diving Manual, Volume 1	1
CNETINST 1500.20D	Safety Procedures for Conducting Training	1
	<u>AUDIOVISUALS</u>	
American Red Cross CPR Training	Current American Red Cross CPR for the Professional Rescuer Training Video	1

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## ANNEX C

## SKILLS PROFILE

RESCUE SWIMMER REFRESHER COURSE  
(CATEGORY II)

CIN: Q-050-0604

CDP: 8425

<u>NO</u>	<u>OBJ</u>	<u>WT</u>	<u>SKILL OR KNOWLEDGE ITEM</u>
1.	1.0	.150	Upon completion of this unit of instruction, the student will demonstrate knowledge of the requirements for Rescue Swimmer School Training Program (RSSTP).
2.	2.0	.200	Upon completion of this unit of instruction, the student will administer Standard First Aid per NAVEDTRA 12081 standards and CPR per current American Red Cross standards without injury to personnel or damage to equipment.
3.	3.0	.250	Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.
4.	4.0	.150	Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures to a survivor, release and escape procedures, and a rescue in preparation for a recovery per NWP 3-50.1 without injury to personnel or damage to equipment.
5.	5.0	.150	Upon completion of this unit of instruction, the trainee, while wearing swim trunks, T-shirt (optional), mask, fins, booties, snorkel, LPU-28, shorty wet suit/wet suit top and Rescue Swimmer's harness, will develop stamina, endurance, and perfect stroke mechanics in a swimming pool without injury to personnel or damage to equipment.
6.	6.0	.100	Upon completion of this unit of instruction, the student will perform the Rescue Swimmer Refresher Physical Training/Testing requirements outlined in Physical Training Lesson Plan, without injury to personnel or damage to equipment.

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## ANNEX D

## MASTER COURSE SCHEDULE

The Master Course Schedule is the basic guideline for the scheduling of all RSS students. The division officer shall submit a schedule to the department head for approval on each class as assigned. The division officer may rearrange the order of topics presented to best use of available assets, ensuring that all topics are scheduled and completed in sequence.

Course Title: Rescue Swimmer School Refresher Course  
(Category II), Course Q-050-0604

Operational Hours: 0700-1600  
Length of Period: 50 Minutes

## Week One

Topic No.	Type	Period (Hours)	Topic	Ratio
First Day				

			(5.5)	Check In/Admin	
1.1	Class	1	(1)	RSSTP Overview/Course Indoc	6/1
5.1	Class	2	(1.5)	Principles of Physical Fitness	6/1

## Second Day

5.1	Lab	3	(1.5)	Physical Training (Level I)	6/2
1.2	Class	4	(1)	Pool Safety Regulations	6/1
2.1	Class	5	(2.5)	American Red Cross CPR for the Professional Rescuer	6/1
	Lab	6	(2.5)		6/1

## Third Day

4.4	Lab	7	(2.0)	Swimming Proficiency, Conditioning, and timed Swims	6/2
2.1	Class	8	(2.0)	American Red Cross CPR for the Professional Rescuer	6/1
	Lab	9	(2.0)		6/1

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Third Day (continued)

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3.2	Class	10	(1)	Survivor/Marker Locator Devices	6/1
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3.3	Class	11	(1)	SAR Publications	6/1
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Forth Day

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5.1	Lab	12	(1.5)	Physical Training (Level I)	6/2
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3.1	Class	13	(1.5)	Rescue Devices	6/1
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3.1	Lab	14	(5)	Rescue Devices	6/2
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Fifth Day

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4.4	Lab	15	(2)	Swim Proficiency, Conditioning, and Timed Swims	6/2
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2.2	Class	16	(2.0)	Practical First Aid Training/Mock Trauma	6/1
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	Lab	17	(1.0)		
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3.4	Class	18	(2)	Navy and Air Force Aircrew Survival Equipment, Harnesses and Associated Hardware	6/1
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4.1	Class	19	(1)	Lifesaving Approaches/Carries	6/1
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## Week Two

Topic No.	Type	Period	(Hours)	Topic	Ratio
First Day					

5.1	Lab	20	(1.5)	Physical Training (Level 2)	6/2
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4.1	Lab	21	(3)	Lifesaving Approaches/ Carries	6/2
-----	-----	----	-----	-----------------------------------	-----

4.2	Class	22	(1)	Front/Rear Head Hold Release and Escape	6/1
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4.3	Class	23	(1)	Parachute Disentanglement	6/1
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## Second Day

4.4	Lab	24	(2)	Swimming Proficiency, Conditioning, and Timed Swim	6/2
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4.2	Lab	25	(3)	Front/Rear Head Hold Release and Escape	6/2
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4.3	Lab	26	(3)	Parachute Disentanglement	6/2
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## Third Day

5.1	Lab	27	(1.5)	Physical Training (Level 2)	6/2
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4.1	Lab	28	(2)	Lifesaving Approaches/ Carries	6/2
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4.3	Lab	29	(4.5)	Parachute Disentanglement	6/1
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## Forth Day

4.4	Lab	30	(2)	Swimming Proficiency, Conditioning, and Timed Swim	6/2
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4.3	Lab	31	(4.5)	Parachute Disentanglement (Multiple Survivor Rescue)	6/2
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			(1.5)	Graduation/Admin/Check Out	
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## TRAINING HOUR SUMMARY

## 1. Scheduled Training Time (hours)

<u>Subject</u>	<u>Class</u>	<u>Lab</u>	<u>Exam</u>
<u>Total</u>			
a. Course Introduction and Safety	2.0		2.0
b. Standard First Aid and ARC CPR for the Professional Rescuer	6.5	5.5	12.0
c. Rescue Equipment, Devices, and Publications	5.5	5.0	10.5
d. Lifesaving and Parachute Disentanglement	3.0	28.0	31.0
e. Physical Training and Pool Conditioning	1.5	6.0	<u>7.5</u>
TOTAL			63.0

## 2. Scheduled Administrative Time (Hours)

7.0

TOTAL

70.0

## 3. Total Training Time

a. Weeks	2
b. Days	9
c. Hours	70.0

NOTE: Exams occur in regular class sessions and are not included in the total.

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## ANNEX E

## INSTRUCTIONAL MANAGEMENT PLAN

## Course Management Data

1. Staff Requirements

(Cat II) Based on planned student input of sixty per year, Cat II Rescue Swimmer School (RSS) requires 10 military personnel. Billets must be structured with one division officer, one leading chief, one student control petty officer, four instructors experienced in fleet rescue swimmer duties, one fleet experienced Corpsman, one Parachute Rigger and one Yeoman.

<u>Billet</u>	<u>SEC NEC</u>	<u>Grade</u>	<u>Branch</u>	<u>PRI NEC</u>	<u>CAT II</u>
Division Officer	NA	O-4	USN	NA	1
Leading Chief	78158 215	E-8	USN	9502	1
Student Control CPO	78158 215	E-7	USN	9502	1
Instructor	78158 21501 70	E-6	USN	9502	2
Instructor	78158 21501 70	E-5	USN	9502	2
Corpsman/Inst	8401	E-5	USN	9502	1
Parachute Rigger	NA	E-6	USN	NA	1
Yeoman (Typing)	NA	E-4	USN	NA	1

NOTE: These billets will not support other training.

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2. Staffing Requirements Matrix for Training Evolutions

<u>Evolution</u>	<u>Staff</u>	<u>Qty</u>
Classroom	Primary Instructor	1
Physical Training	Primary Instructor	1
	Additional Instructor	1
American Red Cross CPR	American Red Cross Instructor (One per six students.)	1
<u>Pool Training:</u>		
Pool Conditioning	Primary Instructor	1
	Additional Instructor	1
	Pool Deck Safety Monitor	1
	Safety Observer	1
	HM or EMT	1
Life Saving Drills	Primary Instructor	1
	Additional Instructor (Note A)	
	Pool Deck Safety Monitor	1
	Safety Observer	1
	HM or EMT (Note C)	1
Survivor/Disentanglement	Primary Instructor	1
Practice and Night	Additional Instructor (Note A)	
Parachute Disentanglement	Pool Deck Safety Monitor	1
	Safety Observer	1
	HM or EMT (Note C)	1
Additional Instruction	Primary Instructor	1
	Instructor (Note B)	
	Pool Deck Safety Monitor	1
	Safety Observer	1
	HM or EMT (Note C)	

NOTE: These billets will not support other training.

NOTES: A. One fully qualified instructor in the pool wearing mask, fins, snorkel and either a wet suit or a LPU-28 acting as a safety swimmer and instructor for each group.

B. Additional instruction in the pool (period of time set aside to provide instruction to a minimum number of students who are deficient in

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a particular skill) - minimum of four staff personnel required.

NOTE: Instructors may demonstrate skills as a rescuer while using a student as a survivor. Instructors shall not NORMALLY assume the role of survivor. However, instructors may act as survivors for laboratories and extra instruction only after all other means of instructions have failed and only with the permission of the Pool Deck Safety Monitor.

- C. Minimum of one HM or State or Nationally certified Emergency Medical Technician (EMT) must be present in the RSS training facility during all pool training sessions and be available during outdoor evolutions.

3. Facilities Requirements. The classrooms shall meet the following requirements:

- a. A properly heated, ventilated, and lighted classroom.
- b. Visual displays and training aids as required in the lesson topic guides for each RSS curricula.
- c. Audiovisual equipment (video cassette player and monitor) required to support the curricula.
- d. Sufficient quantities of "Ready for Training" aviation life support equipment, and lifesaving equipment to properly conduct the training required by the curriculum.
- e. Physical training should be conducted on a grassy surface when possible. If conducted on a hard surface (i.e., concrete) closed cell foam rubber mats will be issued to students. Running courses should be free of steep inclines/declines, surface irregularities and sharp turns. The course should not be in close proximity to heavy traffic or on roads where the speed limit is 35 miles per hour or greater (whenever possible).

4. Training Pool Requirements

- a. Markings:
  - (1) One foot variations in pool depth shall be marked on the pool deck. Indoor pool markings may also be placed on adjacent walls. Outdoor pool depths may be mounted on perimeter fences at the pool deck edge.
  - (2) Swim lanes should be marked on the pool bottom.

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b. The main drain should be clearly marked with colored tile, or the grating should be painted a conspicuous color.

c. Provide clean, adequately sized dressing and rest room facilities to include; designated area to lock up valuables. Floors shall be disinfected daily with an approved (e.g., 50 ppm chlorine) solution.

d. Provide hot water showers (not exceeding 100°F) with soap dispensers.

e. Pool water should be maintained as follows:

(1) Temperature - 78° to 84°F.

(2) Chlorine - .7 to 1.0 ppm free available chlorine (FAC).  
FAC levels above 1.5 must be lowered to an acceptable level with leaching chemicals.

(3) PH - 7.2 to 7.8.

f. Water shall be free of suspended matter. A four inch diameter black on white disk on the pool bottom in the deep end shall be clearly visible from the pool deck. Training shall be suspended until water clarity meets minimum standards. The main drain should always be visible.

g. A fixed or portable audible alarm to signal pool evacuation. A whistle or air horn is sufficient. Students shall be briefed on the signal and what action to take.

h. A portable emergency medical oxygen resuscitation system.

i. The following equipment shall be pool side, ready for immediate use and shall be inspected prior to each training session:

(1) U.S. Coast Guard approved ring buoys with manila or polypropylene retrieving lines. Retrieving lines shall be 1/4" diameter and approximately 50 feet in length.

(2) American Red Cross approved rescue tubes, for safety swimmer use. (Torpedo buoys may be substituted).

(3) A fully equipped backboard (with full head restraint and cervical collar, a minimum of five straps required to secure victim to board).

(4) A first aid kit.

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j. A telephone shall be immediately accessible with emergency numbers posted nearby.

k. Ear wash (to prevent ear infection) shall be available. An acceptable solution is 2% acetic acid, 3% distilled water and 95% isopropyl alcohol.

l. A portable emergency lighting system shall be present during all night training (i.e., battle lanterns, flashlights, etc.)

m. A ventilated drying space, support equipment, and tools shall be available for maintaining training gear. Maintenance equipment should include:

- (1) Sewing machine.
- (2) Vacuum system (to deflate life rafts, LPU's).
- (3) Hand tools.
- (4) Spare parts.

5. Alternate Training Plan. Students must complete all course objectives in order to graduate. Students must receive all Lesson Plan Presentations. If a Laboratory Application must be cancelled (due to inclement weather, equipment malfunctions, etc.), students must complete the Alternate Training Plan as specified in the Lesson Plan. The Commanding Officer may waive certain events if factors (e.g. weather, medical) preclude the students from participating, the course objectives have been met, there is no Alternate Training Plan, and every effort has been made to complete the evolution. Missed training elements shall be annotated as incomplete in individual training jackets.

## 6. Safety

a. The primary instructor is responsible for ensuring that all necessary precautions are taken before High Risk and PT evolutions commence. All participating staff shall be briefed on the conduct of the evolution, roles to be filled, and responsibilities in the event of a mishap. Prior to pool evolutions, the Primary Instructor shall ensure that lifesaving equipment is available and operable, and that supplemental oxygen is provided.

b. Student illness/injury. Anytime a student becomes ill or injured, instructors shall stop the training, and notify the school department head. Instructors shall complete a Personal Injury Notification form.

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c. A designated instructor shall be in close enough proximity to see and hear the students at all times during the course of instruction of a high risk training evolution.

d. Drop on Request (DOR) and Training Time Out (TTO) policies and procedures shall be conducted IAW CNETINST 1500.20D.

e. Hyperventilation prior to underwater swimming evolutions.

(1) Students participating in underwater evolutions shall be instructed that hyperventilation (repetitive deep breathing) to achieve underwater swimming endurance can result in shallow water blackout and drowning. Competitive breath holding skills/drills and intentional hyperventilation is prohibited.

(2) All underwater swimming evolutions shall be limited to a maximum distance of 25 yards while wearing mask and fins and 15 yards maximum without mask and fins.

(3) Instructors, Safety swimmers and All Staff Personnel shall be alert for and rescue students who they consider are not making satisfactory progress or appear to be under water longer than is safe.

f. Professional conduct. All students and instructors will conduct themselves in a highly professional manner. Hazing through the use of improper or degrading rituals is strictly prohibited. Staff or student personnel involved in such activities shall be disciplined under the articles of the UCMJ.

7. Mishap Plan. A local Mishap Plan shall be developed and implemented per CNETINST 1500.20D

8. Emergency Drills shall be conducted per CNETINST 1500.20D.

9. Safety Stand-down policy. Safety Standdown procedures are as follows:

a. Annual Safety Stand-downs shall be conducted per CNETINST 1500.20D.

b. Site commanding officers are encouraged to conduct additional stand-downs and course reviews, particularly when courses have been revised, or when a "near miss" incident has occurred.

10. Safety Management for High Risk Courses shall be per CNETINST 1500.20D



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11. Student Flow Management Data

- a. Check-in day is completed on the first class convening date.
- b. Academic Progress. Students who fail an exam will be:
  - (1) Debriefed by the Division Officer.
  - (2) Given academic counseling.
  - (3) Assigned additional study.
  - (4) Retested as soon as possible. A student who fails a retest shall be referred to a Progress Review Board (PRB).
- c. Pool Progress. Students failing to meet minimum swim performance in the training tank shall be referred to the Division Officer for a review of the problem. The Division Officer can:
  - (1) Assign remedial additional instruction or
  - (2) Recommend the student be referred to a PRB.
- d. Students who do not successfully complete any of the physical training enabling or terminal objectives shall be placed on remedial physical instruction until such time as they are able to pass.
- e. Graduation. Students are graduated upon successful completion of course curriculum requirements.

12. Remediation. Remedial training, up to two hours additional instruction daily, may be assigned; however, a minimum of ten hours shall elapse between the additional instruction and the next scheduled event. Students failing to meet minimum levels of performance shall:

- a. First occurrence - be assigned individual additional instruction as determined and documented by the Division Officer.
- b. Second or subsequent occurrences - appear before a PRB to determine if further training is warranted.

NOTE: For remedial swim additional instruction, all safety precautions shall be observed per this Annex.

13. Setback to Another Class. If PRB determines further training is warranted, student may be setback to the next available class, after completion of any remedial training mandated by the PRB.

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14. Dropped from Training for Academic or Suitability Reasons. If PRB determines no further training is warranted, student will be removed from training and immediately be made available for orders.

15. Instructor Certification Program. The Instructor Certification Program shall be per NAVEDTRA 135 and the Core Unique Instructor Training Plan (CUITP) and related Job Qualification Requirements (JQR).

16. Pool Deck Safety Monitor shall meet the requirements found in the CUITP and JQR.

17. Safety Observer shall meet the requirements found in the CUITP and JQR.

16. Hospital Corpsman (HM)

a. Must be a graduate of Group Paced Instructor Course and hold an NEC of 9502.

b. Shall have an NEC 8401 Search and Rescue Technician. HM's with 84XX/85XX series NEC should be certified as an Emergency Medical Technician.

c. Must be a current American Red Cross CPR for the Professional Rescuer Instructor.

17. Flight and Rescue Swimmers Equipment - All flight equipment and Rescue swimmers equipment used in RSS training will be maintained IAW with CNETINST 3710.1B.

18. Record Keeping

a. Class rosters, showing training received, grade achieved, shall be retained for a period of five years.

b. Medical record screening DOR/TTO statement forms shall be maintained for 72 hours after completion of training.

c. Injury logs, reports and records shall be attached to a copy of the class roster and retained for five years at the site.

d. Student Critiques shall be routed through the immediate chain of command and retained from site evaluation to site evaluation.

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19. Quarterly Reports

a. Submission Requirements - Submit within 10 working days of end of quarter to:

Commanding Officer  
Attn: CODE 084, RSS Model Manager Division  
NAVAVSCOLSCOM  
181 CHAMBERS AVE SUITE C  
PENSACOLA, FL 32508-5221

b. Reports contents:

(1) Breakdown of students trained in each curriculum by site for the fiscal year quarter just completed.

(a) Total students reported.

(b) Prerequisite attrition.

(c) Total students enrolled.

(d) In-course attrition:

1. DORs.

2. Medical

3. Other (ARB, Disciplinary)

(e) Total graduates.

(f) Currently in training.

(g) Mishaps/Injuries.

(2) Listing of all instructor billets followed by the name of the instructor filling each billet and his/her projected rotation date (PRD).

(3) List the status of all outstanding discrepancies from the last RSS evaluation. The report shall consist of four columns: Discrepancy, Status, Estimated Completion Date, and Remarks (to include actions taken to correct discrepancies).

(4) A brief narrative of each training related injury, giving date, course, Lesson Plan, the nature and extent of the injury, any contributing factors, and lessons learned from mishap investigation and analysis. Injuries requiring documentation on RSS Quarterly Reports and reports to the functional commander are those where emergency care, lost work time or medical officer follow-up is required. Negative reports are required.

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(5) Enter the following student breakdown for the fiscal year:

- (a) Total students reported.
- (b) Prerequisite Attrition.
- (c) Total students enrolled.
- (d) In-course attritions.
- (e) Total Graduates.
- (f) Currently in training.
- (g) Mishap/Injuries.

## 20. Pre-Requisite Screens

a. All prospective students must be screened for all course pre-requisites (as listed in the student Data Page of this document and in the CANTRAC). A prospective student may not be enrolled in an RSSTP course without meeting all the pre-requisites or receiving a waiver from the RSS Model Manager. Prospective students on PCS orders failing prerequisites shall be referred to their detailers for disposition. Prospective students on TAD orders failing pre-requisites shall be returned to their parent command and a message stating which prerequisites were failed shall be generated (copy to RSS model Manager). Details of the medical and physical fitness pre-requisites screens follow.

b. Medical Screening shall be administered by a Training Facility corpsman prior to administering the PT in-test. Questionable cases shall be referred to a medical officer. The following screening procedures shall be followed:

### (1) Review last physical.

(a) Ensure a full physical, per article 15-71 of the Manual of Medical Department, signed by a Medical Officer, performed within one year of enrollment.

(b) Ensure no disqualifying or questionable condition documented.

### (2) Interview Student

(a) Question the student per the Risk Factor Questionnaire.

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(b) Ask student if he/she is aware of any physical conditions which would preclude safe participation in an RSSTP course.

(3) Document Screen. In student's training jacket, document "Medical screen complete, student fit for training", sign and date.

c. Physical Fitness Pre-Requisite Screen. This test is designed to protect the school house and the student. Primarily, it ensures that a student is "fit to train" he or she is physically able to safely complete a High Risk Course. Furthermore, it ensures that every student enrolled has the physical skills to successfully complete the training.

(1) Conduct of Test. In order to best meet the objective of the Physical Fitness IN-Test, the following order shall be followed and time between exercises minimized.

(a) Warm-up/flexibility routine

(b) Instructor demonstrates correct form of curl-ups and push-ups.

(c) 1st group perform curl-ups - minimum 50 in two minutes exhibiting correct form. Second group perform curl-ups.

(d) 1st group perform push-ups - minimum 42 in two minutes exhibiting correct form. Second group perform push-ups.

(e) All student candidates run 1.5 miles in maximum 12 minutes.

(f) All student candidates swim 400 meters in maximum 11 minutes.

(2) Safety Precautions. Ensure heat-index does not preclude physical activity (refer to command guidelines for specific restriction). Ensure PT area includes mats and is clear of hazards - ideally a smooth, firm (not hard) surface. Ensure pool meets standards of this Annex. A corpsman (or EMT) with medical kit must be in the immediate vicinity of testing; an ambulance must be on call.

(3) Staffing. The test shall be administered by qualified Rescue Swimmer Instructors. There must be sufficient instructors monitoring the curl-ups and push-ups to ensure student candidates perform them correctly. There must be sufficient instructors monitoring the run to ensure the safety of the students. There must be two qualified Rescue Swimmer Instructors for the first 10 prospective students in the pool plus one qualified Rescue Swimmer Instructor or Lifeguard for every 10 additional prospective students.

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